

USA Jr Tennis Lessons

with Bryan Solem

Join our certified tennis professional for this class that is sure to improve your strokes, footwork, and overall knowledge of the game of tennis. Bring one can of unopened balls to first lesson. Bring one can of unopened balls to first lesson

Ages 6-9

230102-01	Tu	5/1-5/22	4:00-5:00P
230102-02	Tu	6/5-6/26	4:00-5:00P
330102-01	Tu	7/10-7/31	4:00-5:00P
330102-02	Tu	8/7-8/28	4:00-5:00P

Ages 10-16

230101-01	Tu	5/1-5/22	5:00-6:00P
230101-02	Tu	6/5-6/26	5:00-6:00P
330101-01	Tu	7/10-7/31	5:00-6:00P
330101-02	Tu	8/7-8/28	5:00-6:00P

Location: Ed Mitchell Park

Fee: \$62 / \$55 resident discount

USA Jr. Tennis Workout

with Bryan Solem

Intermediate to advanced players only. Competitive tournament training, drills, conditioning and match play.

Ages 10-17

230361-01	W	5/2-5/23	4:00-5:30P
230361-02	W	6/6-6/27	4:00-5:30P
330361-01	W	7/11-8/1	3:30-5:00P
330361-02	W	8/8-8/29	3:30-5:00P
230362-01	F	5/4-5/25	3:30-5:00P
230362-02	F	6/8-6/29	3:30-5:00P
330362-01	F	7/13-8/3	3:30-5:00P
330362-02	F	8/10-8/31	3:30-5:00P

Location: Ed Mitchell Park

Fee: \$78 / \$71 resident discount

Basketball Lessons

with Michael D. Shaw

Coach Shaw is one of the Sacramento area's premier basketball trainers. Players who continue their training perform better during the season. Players work on conditioning, speed, agility, ball handling, shooting and individual skills specific to players needs.

Ages 12-15

256108-01	Th	5/10-5/31	4:00-5:00P
356108-01	Th	7/19-8/9	4:00-5:00P
356108-02	Th	8/23-9/13	4:00-5:00P
456108-01	Th	9/20-10/11	4:00-5:00P

Location: Folsom Sports Complex

Fee: \$67 / \$60 resident discount

USA Team Tennis Jr League

with Bryan Solem

Exact dates TBA. Join this fun instructional league and work on your game while playing surrounding clubs' youth players. We will match levels with like abilities. Bring one can of unopened balls to first lesson.

Ages 6-17

230151-01 Tu/F 6/5-7/31

Matches are held Tuesdays 1:30-3 p.m.

Practices are held Fridays 4-5:30 p.m.

Location: Ed Mitchell Park

Fee: \$91 / \$84 resident discount

Quick Start Tennis

with Bryan Solem

QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels – ages 8 and under and ages 10 and under. It's the fast, fun way to get kids into tennis – and keep them playing. Bring one can of low compression tennis balls to the first session. No refunds after first class.

Ages 5-10

230115-01 Sa 6/9-7/14 10:00A-12:00P

Location: Ed Mitchell Park

Fee: \$62 / \$55 resident discount

Chess & Soccer for Home School

with Joe Mihaljevic

The first hour will be dedicated to teaching the game of chess followed by an hour of soccer geared towards the exercise of the mind and well as the body. Parent participation welcome. Athletic shoes requested.

Ages 6-16

250801-00 F 5/11-6/1 12:30-2:30P

450801-01 F 9/7-9/28 12:30-2:30P

Location: Folsom Sports Complex

Fee: \$77 / \$70 resident discount; 10% sibling discount

Game Speed

with Patrick Gallagher, ATC, CSCS

Class focus is on the explosive speed mechanics used in both linear and lateral directions. Participants will learn the same techniques used by pro athletes to increase their athleticism and decrease their risk of sports-related injury. Come ready to learn and work hard, and we'll help you prepare to take your game to the next level! Sports nutrition education and positive mindset training techniques are also included in the curriculum.

Ages 12+

259613-01 M 5/7-6/4* 4:00-5:00P

259613-02 M 6/11-7/2 4:00-5:00P

359613-01 M 7/9-7/30 4:00-5:00P

259614-01 Tu 5/8-5/29 4:00-5:00P

259614-02 Tu 6/5-6/26 4:00-5:00P

359614-01 Tu 7/10-7/31 4:00-5:00P

259615-01 W 5/9-5/30 4:00-5:00P

259615-02 W 6/6-6/27 4:00-5:00P

359615-01 W 7/11-8/1 4:00-5:00P

259616-01 Th 5/10-5/31 4:00-5:00P

259616-02 Th 6/7-6/28 4:00-5:00P

359616-01 Th 7/12-8/2 4:00-5:00P

Location: Folsom Sports Complex

Fee: \$67 / \$60 resident discount

*Note: no class 5/28

Pure Athletix Clinic

with Patrick Gallagher, ATC, CSCS

This clinic will focus on the explosive speed mechanics used in both linear and lateral directions. Participants will learn the same techniques used by pro athletes to increase their athleticism and decrease their risk of sports-related injury. Come ready to learn and work hard, and we'll help you prepare to take your game to the next level! Sports nutrition education and positive mindset training techniques are also included in the curriculum.

Ages 12+

256111-01 M 6/25 9:00A-12:00P

356111-01 M 7/9 1:00-4:00P

Location: Folsom Sports Complex

Fee: \$72 / \$65 resident discount

NFL Flag Football

ALL DIVISIONS REGISTER EARLY!

NOTE!

Registration open to Folsom residents only through July 20; registration opens to all on July 21; registration closes July 27 or when full.

Volunteer coaches are necessary for this program.

Junior Division - 2nd/3rd grades

Jr. NFL League is designed like the NFL Flag Football League with a little twist for the younger players. We will play on the same size football fields as the 4th-8th grade leagues but will focus primarily on running plays and flag pulling as opposed to a passing league. Practices and games take place Friday evenings. First two weeks we practice, followed by six weeks of 30-min. practices prior to playing games.

Volunteer coaches required.

432501-01 F 9/28-11/16 5:30-7:30P

Location: John Kemp Comm. Park • Fee: \$109 / \$99 resident discount

Mandatory parent meeting 6 p.m., Wed., Sept. 12 at Folsom Middle School

Elementary School Division - 4th/5th/6th grades

NFL Flag is the premier co-ed youth football league. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. NFL Flag Football is designed to educate young people about football while emphasizing participation and sportsmanship. Players learn skills and lessons that help them succeed both on and off the field.

We'll form a team at each school, practice on-site once a week from approx. 3:30 to 4:45 p.m., and play our games on Friday nights at Kemp Park.

Volunteer coaches required.

Theodore Judah Elementary	430161-01	M	9/24-11/16
Folsom Hills Elementary	430161-02	Tu	9/25-11/16
Oak Chan Elementary	430161-03	W	9/26-11/16
Natoma Station Elementary	430161-04	Th	9/27-11/16
Blanche Sprentz Elementary	430161-05	M	9/24-11/16
Empire Oaks Elementary	430161-06	Tu	9/25-11/16
Gold Ridge Elementary	430161-07	W	9/26-11/16
Carl Sundahl Elementary	430161-08	Th	9/27-11/16
Sandra Gallardo Elementary	430161-09	M	9/24-11/16
Russell Ranch Elementary	430161-10	Tu	9/25-11/16

Fee: \$109 / \$99 resident discount

Mandatory parent meeting at 6 p.m., Tues., Sept. 11 at Folsom Middle School.



Middle School Division - 6th-8th grades

We will form teams of 8-10 players with practices running once a week between 3:30-4:45pm and games played on Friday nights at Kemp Park.

Volunteer coaches are required!

Sutter Middle School

430261-01 W 9/26-11/16 3:30-4:45P

Folsom Middle School

430261-02 Th 9/27-11/16 3:30-4:45P

Fee: \$109 / \$99 resident discount

Mandatory parent meeting at 7 p.m., Wed., Sept. 12 at Folsom Middle School.

Volunteer coaches required!

Interested volunteers must indicate their interest at the time of registration.

Each registered participant will receive an official reversible NFL Flag Football jersey and a set of NFL flags with belt.

A mandatory mouth guard is required to play. Homeschoolers are welcome.

Note: requests to be aligned with specific coaches/players not guaranteed.

Free Workshops

sponsored by the City of Folsom Utilities Department

Learn how to create beautiful water conserving landscapes

The New California Landscape

Thursday, May 24 • 6:30-8:30 p.m.

Folsom Community Center, 52 Natoma Street

BONUS! How to Landscape Day

Saturday, June 23 • 9 a.m.-2 p.m.

San Juan Water District, 9935 Auburn-Folsom Rd

No reservations required for this event

Garden Pests & Problems

Thursday, June 28 • 6:30-8:30 p.m.

Folsom Community Center, 52 Natoma Street

Smart Irrigation Workshop

Thursday, July 26 • 6:30-8:30 p.m.

Folsom Community Center, 52 Natoma Street

Water-Wise Landscape Tour at the Hinkle Creek Nature Center

7100 Baldwin Dam Road, Folsom

Thursday, Aug. 23 • 6:30-8:30 p.m.

Please RSVP 30 days prior to workshop date:
waterconservation@folsom.ca.us or call (916) 355-7252

**Parks
Make
Life
Better!**

Folsom
Parks & Recreation
Celebrating 20 Years
1992-2012

July marks the 20th anniversary of the Parks & Recreation department's creation. We invite you to celebrate Folsom's exceptional recreation facilities, parks, trails, and programs this month, and all year long. Find our list of 20 ways to celebrate 20 years of making life better at www.folsom.ca.us.

Baseball Lessons

with Walbeck Baseball Academy

Matt Walbeck has 11 seasons of experience playing in the major leagues as well as 8 years coaching in the minor leagues. His quality instruction for individual and group lessons is the best in the area. He believes in teaching proper baseball techniques as well as having a positive attitude making youth organized baseball enjoyable. Matt offers individual or private group baseball lessons at the Folsom Sports Complex. Call Matt at (916) 752-2282 or visit www.walbeckbaseball.com to book your lesson today.



Folsom Athletic Association Youth Assistance Fund Scholarships

The Folsom Athletic Association (FAA), in cooperation with the Folsom community, has developed an assistance program to provide scholarships for Folsom youth to participate in recreation activities.

Interested participants should contact Folsom Parks & Recreation at 355-7285.

The FAA is a local, non-profit organization chartered to promote the improvement of quality recreation and athletic facilities and activities in Folsom. Tax-deductible donations, earmarked to the Youth Assistance Fund, may be sent to:

The Folsom Athletic Association,
P.O. Box 835, Folsom, CA 95763.

LEAGUE FEE STRUCTURE

R – Folsom resident: 60% of your team roster comprised of people who live within Folsom City limits

NR – Non-resident: teams that do not meet the 60% requirement

SEASON	Nights/Division	Reg. Deadline	League Begins	League Fees	Location
BASKETBALL (INDOOR)					
SUMMER 359100-01	Sun – 4th-8th Grade Girls	Friday, June 22 5 p.m.	July 15 8 games	R – \$515 NR – \$540	Folsom Sports Complex
	Sat – 9th-12th Grade Boys & Girls	Friday, June 22 5 p.m.	July 14 8 games	R – \$515 NR – \$540	Folsom Sports Complex
	M – 6th Grade Boys	Friday, June 22 5 p.m.	July 16 8 games	R – \$515 NR – \$540	Folsom Sports Complex
	M – 7th Grade Boys	Friday, June 22 5 p.m.	July 16 8 games	R – \$515 NR – \$540	Folsom Sports Complex
	Th – 8th Grade Boys	Friday, June 22 5 p.m.	July 19 8 games	R – \$515 NR – \$540	Folsom Sports Complex
	F – 4th Grade Boys F – 5th Grade Boys	Friday, June 22 5 p.m.	July 20 8 games	R – \$515 NR – \$540	Folsom Sports Complex

SEASON	Nights/Division	Reg. Deadline	Mgr's Meeting	League Begins	League Fees	Location
*YOUTH DODGEBALL – SESSION 1						
SUMMER 253303-01	Tu – Boy's Middle School	Friday, May 25 5 p.m.	Wed, June 6 6:30 p.m.	Tues, June 19	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 253303-02	Tu – Boy's High School	Friday, May 25 5 p.m.	Wed, June 6 6:30 p.m.	Tues, June 19	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 253303-03	Tu – Coed High School	Friday, May 25 5 p.m.	Wed, June 6 6:30 p.m.	Tues, June 19	R – \$200 NR – \$225	Folsom Sports Complex
*YOUTH DODGEBALL – SESSION 2						
SUMMER 353303-01	Tu – Boy's Middle School	Friday, Aug. 3 5 p.m.	Wed, Aug. 8 6:30 p.m.	Tues, Aug. 14	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 353303-02	Tu – Boy's High School	Friday, Aug. 3 5 p.m.	Wed, Aug. 8 6:30 p.m.	Tues, Aug. 14	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 353303-03	Tu – Coed High School	Friday, Aug. 3 5 p.m.	Wed, Aug. 8 6:30 p.m.	Tues, Aug. 14	R – \$200 NR – \$225	Folsom Sports Complex

* Individual/Free Agent Registrations will be accepted for all Dodgeball divisions at a Registration Fee of \$30. All Free Agents will be available for individual pick-up from teams. Upon the deadline for team registrations any remaining individuals will be afforded the opportunity to be registered with a team compiled entirely of Free Agents.

Register today! Registration form on page 48

Folsom Skate and Bicycle Park

at Cummings Family Park • 1775 Creekside Drive • Phone 817-2767

Regular Hours of Operation:

Summer Hours (June 1-Aug. 12)

Monday-Saturday 1-9 p.m.

Sunday..... 1-8 p.m.

Fall Hours (Aug. 13-Sept. 30)

Monday-Thursday 3:30-8 p.m.

Friday..... 2-9 p.m.

Saturday..... 1-9 p.m.

Sunday..... 1-6 p.m.

Holiday Hours:

May 28, July 4, Sept. 3 1-6 p.m.

Entry Fees:

\$2/person, all day
includes access to both the
skate and bike parks

Call 355-8318 for information

Hours are subject to change dependent on
weather conditions.

Full pads are required for all ages when
using the skate park (helmet, knee pads,
elbow pads).

All bike riders must wear a helmet; pads
strongly recommended for BMX bikes.

Skate & Bike Party Packages

Call 355-8318 for reservations

Party fee is \$79 and includes:

- Private use of either the bike park or skate park from noon-1 p.m.
- Picnic area reserved for your group from noon-2 p.m.
- Facility monitor to ensure the safety and privacy of your party

Note: The park opens at 1 p.m. for public use. Your party guests (up to 15) will be granted park entry for the remainder of your party day.

All facility rules apply during your party: full pads & helmet for all skaters/boarders and scooters; helmets are required for bike riders and pads are strongly recommended for BMX bikes.

Agreement must be signed adhering to all normal bike and skate park operation rules and guidelines. Parties are available daily, from noon-2 p.m., year-round!



Introduction to Skateboarding

This course introduces the fundamental skills of safe skateboarding. From foot placement, turning, stopping, pumping for speed and curb drops. This course will get skaters ready to have years of fun on their board. You must bring your own skateboard, and mandatory safety equipment designed for skateboarding: includes helmet, knee and elbow pads. Class fee includes admission to the skate park to practice the skills you just learned! Bring a lunch and take a break from 12:30-1pm before your practice your new skills!

Ages 6-13

211001-01 Sa 6/2 10:30A-12:30P

311001-01 Sa 7/7 10:30A-12:30P

Location: Cummings Family Park

Fee: \$27

BMX or Mountain Bike Private and Semi-Private Lessons

with George Stephenson

Here is your opportunity to learn from a pro. The one hour lesson is held on Saturday mornings while the park is closed to the public. Custom lessons allow for quality time with a professional rider and focused instruction. Call 355-8318 for more details and to reserve a lesson today.

Ages 6-17

Location: Cummings Family Park

Fee: \$50



Speed, Agility & Quickness Power Clinic

with CA Football Coaches Assoc.

Want to increase forward and lateral speed, improve agility and explosive power? Want to hit with more power, jump higher and block more shots, get more rebounds?

Ages 7-16

230002-01 M/Tu 6/4-6/5 5:30-8:00P

Location: Livermore Community Park

Fee: \$50

Badminton Clinic

with Kyle Wilkins

No experience necessary! Mr. Wilkin is a middle school P.E. teacher that has turned his students onto badminton in his classes and his school's Badminton Club. Kids will learn the rules to the game, serving, forehand, backhand and the smash shot, and most importantly, HAVE FUN! Equipment will be provided, but you can bring your racquet if you have one.

Ages 11-14

230010-01 M-F 6/11-6/15 10:00-10:45A

Location: Sutter Middle School

Fee: \$52 / \$45 resident discount

Weight Lifting Clinic

with CA Football Coaches Assoc.

Not learning how to lift properly at school? Want to learn safe and effective lifting techniques? Need a program that gets results? Want to get bigger and stronger? This Hands-On clinic will cover: Power Cleans, Squats and Bench Press as well as other techniques to develop explosive power. Athletes will learn how to create a personalized training program. ENROLLMENT IS LIMITED! Bring a water bottle.

Ages 7-16

230029-01 Sa 6/2 9:00A-1:00P

Location: Folsom High School

Fee: \$35